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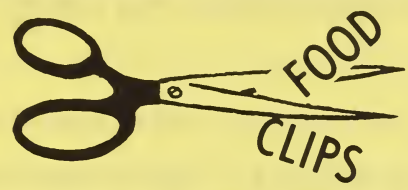
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Fresh or raw foods are not, necessarily, better than frozen ones. It depends on how they are handled. The vitamin C value of frozen, reconstituted orange juice provides the same as the juice squeezed from fresh oranges.

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Raw cabbage stores well. It holds its vitamin C well even at room temperature, according to USDA nutritionists.

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Improves with age? Yes, sweet potatoes actually improve in storage. The vitamin A value of sweet potatoes increases during the maturing period before they reach the retail store.

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If you want to add a good tang to cauliflower, USDA nutritionists suggest that you try adding caraway seed, celery salt, dill, mace, or tarragon. If used sparingly, it will enhance the natural flavor of cauliflower.

THE COMING OF SPRING —and Outdoor Living

Look, but don't touch if you happen to see the vine that has three leaves. It may be three-leaved ivy, poison creeper, climbing sumac, poison oak or even markwood, picry, or mercury. Slender vines of these may run along the ground, grow with shrubbery, or take support from a tree. Whatever -- watch out!

Signs of spring always bring those balmy days when a walk to the woods or day-trip to the mountains may cause more discomfort than pleasure.

The best preventative measure is knowledge--know your plants. Leaves of common poison ivy are extremely variable, but if you see the three leaflets you can be fairly sure, according to the Agricultural Research Service of the U.S. Department of Agriculture.

If you see common poison ivy in full sunlight, it looks more like a shrub than a vine. A ten percent water solution of potassium permanganate, obtainable in any drug store, usually is effective if applied within 5 to 10 minutes after exposure.

ALMOST ALL YOU NEED TO KNOW

The Egg and You---Why not? Eggs are a highly valued source of protein, iron, vitamin A, and riboflavin. The egg is also one of the few foods that contain vitamin D. Eggs are often used as alternatives for meat because of the amount and quality of their protein. The average large egg provides about 80 calories--60 of which may come from the yolk.

Grade standards for eggs, developed by the U.S. Department of Agriculture, are in use in many parts of the country. What constitutes a grade? Grade refers to the interior quality and condition and appearance of the shell. There are three consumer grades: U.S. Grade AA (or fresh fancy quality), U.S. Grade A and U.S. Grade B. Grade AA or A are ideal for poaching and frying because of their superior appearance. Grade B eggs are satisfactory for using in other cooked dishes. In order to get quality eggs, buy graded eggs from a refrigerated case.

Often the question is asked, why are some egg shells dark? Shell color is determined by the breed of hen and does not affect the nutritive value or quality of an egg.

Select your eggs by the size, or weight classes. Size and quality are not related--they are entirely different. Sizes are based on minimum weight per dozen.

Extra Large.....	27 oz.	Jumbo.....	30 oz.
Large.....	24 oz.	Small.....	18 oz.
Medium.....	21 oz.	Peewee.....	15 oz.

Price wise -- a rule of thumb might be applied where there is less than a seven cent price spread between one size and the next smaller size in the same grade, you will get more for your money by buying the larger size.

—About Eggs

Storing eggs for a long time? Don't! They may develop off-flavors and lose some of their thickening and leavening power. But, do remember to refrigerate promptly after purchase to maintain quality. Generally speaking -- use eggs within a week.

What are dried egg solids? Dried egg products are available as whole egg solids and various blends. For home consumption the dried egg solids are packed in five and eight ounce containers. Dried egg solids are prepared by removing 90 percent or more of the water from fresh eggs. The USDA inspection mark indicates that the product was prepared from wholesome eggs under sanitary conditions.

If using dried egg solids, you can use the approximate equivalent chart:

8 ounces of dried whole egg solids --	16 large or 18 medium whole eggs
8 ounces of dried egg yolk solids ---	27 egg yolks
8 ounces of dried egg white solids --	50 egg whites

If you're looking to buy dried egg solids, you will find them in specialty stores and sporting goods stores. They're useful for outdoor menus and campers. They should be stored in a dry, cool place and they will stay sweet and mild in flavor for about a year -- if properly stored. Refrigerate any unused portion in a container with a tight-fitting lid.

Frozen egg products like dried egg solids require thorough cooking to be safe. In recipes, you can use three tablespoons of frozen whole eggs for one shell egg.

And -- if you find a cracked egg? It may contain bacteria that can produce food poisoning! Use it only when it is thoroughly cooked.

COST OF FOOD AT HOME FOR A WEEK (December)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$24.30	\$30.80	\$37.40
Elderly couple.....	19.90	25.70	30.60
Family of 4 with preschool children.....	35.30	44.70	53.90
Family of 4 with elementary school children.....	41.00	52.10	63.40
Individuals*			
Women			
20-34 years.....	10.20	13.00	15.50
35-54 years.....	9.80	12.60	14.90
55 years and over.....	8.30	10.80	12.70
Men			
20-34 years.....	11.90	15.00	18.50
35-54 years.....	11.00	14.00	16.90
55 years and over.....	9.80	12.60	15.10
Children			
1-2 years.....	6.00	7.60	9.00
3-5 years.....	7.20	9.10	10.90
6-8 years.....	8.70	11.10	13.80
9-11 years.....	10.20	13.00	15.60
Girls 12-19 years.....	11.00	14.10	16.70
Boys 12-19 years.....	12.80	16.50	19.60

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

COMMENTS & INQUIRIES TO:

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